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To: County and District Superintendents of Schools
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From: Paul Warren, Deputy Superintendent
Accountability Branch

Subject: Required Physical Fitness Testing and Reporting for 2000-01 – Advance
Planning for Districts

Each spring, your district is required to administer the state-designated physical fitness test to all students in grades 5, 7, and 9 during the months of March, April, or May. Education Code Section 60800 also requires the California Department of Education (CDE) to collect and report statewide results at least once every two years. Physical fitness testing results will be collected and reported for 2000-01.

For those who wish to make early preparations for spring 2001 physical fitness test administration and data collection, advance information and assistance materials follow. Changes in the process that have been made since 1998-99 also are included. A follow-up memo will also be mailed in September 2000.

Administering the Test

Student Participation. All students in grades 5, 7, and 9 must take the physical fitness test during March, April or May 2001. Students are required to participate whether or not they are in a physical education class.

- **Students on a block schedule** - Ninth grade students not enrolled in a physical education class during the testing window because of a state-approved waiver for block scheduling must still be tested during that window.
- **Students with special needs** - Students with special needs who are unable to take all of the physical fitness test should be given as much of the test as conditions permit.

Test materials. The *Fitnessgram* will continue as the required fitness test designated by the State Board of Education. Test materials are not available from the CDE. Materials may be ordered from John Klein at Human Kinetics. Their toll free number is (800) 747-4457.

The original *Fitnessgram* testing materials have been revised. The updated edition, *Fitnessgram 6.0*, includes a revised software package, available on CD, for entering data and generating reports. One of the new features allows for export capability from the *Fitnessgram* software into the required state format (software from previous *Fitnessgram* kits cannot export

data into the required state format). Although districts are not required to use the software component of the *Fitnessgram*, they may find it effective for student instruction and parent involvement. Currently, the software is available for Windows and will be available for MAC in August 2000.

Additional Option for Assessing Aerobic Capacity. *Fitnessgram 6.0* includes an additional option, the Walk Test, for measurement of aerobic capacity for students 13 years and older. It is the responsibility of the district to advise their schools that this option has been added. The revised Test Administration Manual includes procedures for administering the Walk Test; however, districts are not required to purchase copies of the new manual.

Flexibility Component Required. The flexibility component will be required for 2000-01 testing. This component has been optional, since decreased flexibility is generally not considered a problem for young people. In 1998-99, however, over 90% of the students in grades 5, 7, and 9 were tested for flexibility and 35% could not meet the lower limits of the healthy fitness zone. These results reinforced the need to assess flexibility for all students each year.

Additional Sources Allowed for Body Composition Measurement. In addition to the two methods used in the past years, automated skin fold calipers and bioelectric impedance devices, both of which calculate percent fat scores, are permitted for measurement of body composition. Other automated or electronic devices are not considered accurate or valid enough to be allowed. If you have questions about the allowable products, please contact the Standards and Assessment Division.

Collecting and Reporting the Results

It is the responsibility of the district to determine how student performance data will be collected and recorded. Districts are also responsible for compiling student data in an electronic format to send to the state contractor. Finally, districts must select one of the available options for sending the data to the state.

Collecting School Results and Compiling the Data. The enclosed "Collecting and Reporting 2001 Physical Fitness Test Data" chart provides a variety of steps a district could take to collect student data and transfer it to an electronic format. These suggestions, while not exhaustive, represent a summary of the procedures districts have used in past years. Additional information about these suggestions will be provided in the September memorandum. If you wish to investigate any of these options before then, please contact the Standards and Assessment Division.

Reporting Results to the State. Statewide data reporting in 2000-01 will be done electronically, with only minor changes to the 1998-99 data-reporting process. Districts will report physical fitness test results to the state by July 31, 2001. The results will be sent directly to Educational Data Systems, which is working with CDE to collect and compile the data. The enclosed "Electronic Reporting Options/Directions for 2001 Physical Fitness Test" provides a description of the options available to districts in 2001.

Data to be reported by districts will include summary information for each participating school and individual student records for every student in grades 5, 7, or 9. Please read the enclosed

“School Record Layout” (formerly Record Type I File Layout) and “Student Record Layout” (formerly Record Type 2 File Layout) for details on file specifications. Minor changes have been made to both record layouts from 1998-99. These forms are considered “preliminary” because major unforeseen circumstances (such as changes in legislation) may require additional adjustments, but it is unlikely that there will be any changes before the forms are considered final.

Questions regarding electronic reporting of physical fitness test results should be directed to Vicki MaGee or Ronda Schaffino at Educational Data Systems at 1-800-532-4424 or at fitness@eddata.com (e-mail). Information also will be available at the Educational Data Systems physical fitness testing web site at <http://207.87.22.181/fitness/2001> (Internet) beginning in July 2000.

CDE Updates on Internet. Updates regarding the 2000-01 test will be placed on the CDE physical fitness testing web site at <http://www.cde.ca.gov.statetests/pe/pe.html>.

If you need assistance or have further questions, contact the Standards and Assessment Division at (916) 657-3011 (telephone), (916) 657-4964 (fax), or star@cde.ca.gov (e-mail). Your support in implementing physical fitness testing for California public schools is greatly appreciated.

Encl: Collecting and Reporting 2001 Physical Fitness Test Data – Suggestions for Districts
Electronic Reporting Options/Directions for 2001 Physical Fitness Test
School Record Layout
Student Record Layout

